

Ghee

What is Ghee? A staple of Indian cuisine, this specially prepared clarified butter is traditionally made by slowly simmering butter until the water evaporates and the milk solids gently brown. The butter clarification process yields a richly flavored butter oil with nutty and toffee flavors.

From a cooking perspective, ghee provides a lovely flavor to recipes. By removing the milk solids from the butter, the smoke point increases significantly. This means that instead of the butter solids burning under high heat at around 350°F, only the butterfat remains and can be heated to 485°F before breaking down. The high smoke point makes it an excellent cooking oil for sautéing, stir-frying, and roasting foods.

Yield: 1½ cups (12 ounces)

Serving size: 1 tablespoon (30 g)

Prep Time: 5 minutes

Cook Time: 20-30 minutes

Storage: 3 months in airtight container at room temperature / 1 year in refrigerator

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Ingredients

- 1-pound unsalted butter

Instructions

1. Cut butter into even pieces and place in a large heavy bottomed skillet or Dutch oven.
2. Turn heat to medium and allow butter to melt. Once melted simmer over medium-low heat.



3. Gently simmer the butter until the solids float to the surface, about 10 to 15 minutes depending on the how hot the stovetop and pan used. Bubbling will also occur with the foaming.
4. Meanwhile, use a slotted spoon to remove the white frothy milk solids from the surface of the melted butter and discard. This can be done as soon as you see the solids rising to the top.



5. Once the surface solids are removed, only yellow butterfat and white milk solids that have sunk to the bottom will remain. *
6. Continue to simmer the clarified butter until milk solids on the bottom are light amber in color, and the butterfat becomes a deep golden yellow color. The ghee should smell nutty when done.

Time will vary depending on your stove. For Brown Butter Ghee, continue to let cook until solids are a deep amber brown color. †



7. Turn off heat and remove the pan from the stove to ensure that the browned milk solids do not burn.
8. Allow the ghee to slightly cool for about 3 to 5 minutes.
9. Set a fine-mesh strainer over a heat-proof bowl or cup. Line the strainer with a triple layer of cheesecloth that hangs over the edges of the strainer or a coffee filter (or two).



10. Carefully pour the ghee through the lined strainer into the container. The browned milk solids should collect in the cheesecloth.
11. Transfer the ghee to a clean glass jar with a lid.

* Clarified Butter

At this point, you need to be extra careful to make sure that the milk solids at the bottom of the pan do not begin to brown. Remove your pan from the heat. Proceed from step 8.

† Brown Butter Ghee

The milk solids on the bottom became *really* caramelized and the butter starts to smell like toffee or butterscotch. Be careful to not let it burn!



Notes

It is recommended to use a pastured, grass-fed, organic source of butter, however, this criteria is not mandatory.

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

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